

**2025 – NCA Multi-Sports Clinic**  
**Wrestling**  
**Wrestling Room unless otherwise noted**

**Tuesday, July 22**

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Bryan Snyder, University of Nebraska, Associate Head Coach – <i>Building Culture into Your Practice Plan</i>
9:35 a.m. – 9:55 a.m.	<b>NCA Wrestling Sport Meeting:</b> Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	Bryan Snyder, University of Nebraska, Associate Head Coach – <i>Rides &amp; Turns</i>
11:00 a.m. – 11:30 a.m.	<b>District Meetings &amp; Major Raffle at Mtg.</b> (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board Members) Team Academic Excellence Awards Distribution by Schools
11:30 a.m. – 1:00 p.m.	<b>Lunch on Your Own – Visit Exhibitors</b>
1:00 p.m. – 1:50 p.m.	<b>Beyond the X's &amp; O's Sessions</b> Lennie Waite, HITE EQ, TX - <i>Filling the Gap in Mental Performance</i> – Auditorium Bob Nielson, Former Head Football Coach University of South Dakota – <i>Current Issues in Collegiate Athletics that Impact the Recruitment of High School Student-Athletes</i> - Main Gym
1:50 p.m. – 2:05 p.m.	Ice Cream Social – Exhibitor Area
2:05 p.m. – 2:55 p.m.	Antrell Taylor, University of Nebraska, 2025 NCAA National Champion – <i>Scoring From Underhooks</i>
2:05 p.m. – 4:00 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine &amp; Athletic Taping Walk-In Training</i> – Athletic Training Room
3:10 p.m. – 4:00 p.m.	Antrell Taylor, University of Nebraska, 2025 NCAA National Champion – <i>Scoring From Collar Tie</i>
NOTE:	In-Person CPR & AED Training – Advanced Appointment Time Required – LNS Room B108

**Wednesday, July 23**

7:00 a.m.	Registration & Exhibit Areas Open
8:00 a.m. – 3:00 p.m.	Coaches Care Blood Drive in Partnership with Nebraska Community Blood Bank & Scheels
8:30 a.m. – 9:20 a.m.	NSAA Wrestling Rules Meeting
9:35 a.m. – 10:25 a.m.	Dan Krajicek, Yutan HS, NE (Class B Girls State Champions) - <i>Coaching Adjustments &amp; Techniques for Women's Wrestling</i>
10:40 a.m. – 11:30 a.m.	<b>Keynote – Stephen Mackey, 2Words Character Development: Six Pillars of Championship Culture - Main Gym</b>
11:30 a.m. – 1:00 p.m.	<b>Lunch on Your Own &amp; NCA Sports Advisory Lunch Meetings</b>
1:00 p.m. – 1:50 p.m.	Cody Wintz, Battle Creek HS, NE (2024 & 2025 NCA Coach of the Year) - <i>The Practice Room: Our System of Progress and Peaking</i>
1:00 p.m. – 2:55 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine &amp; Athletic Taping Walk-In Training</i> – Athletic Training Room
2:05 p.m. – 2:55 p.m.	Cody Wintz, Battle Creek HS, NE (2024 & 2025 NCA Coach of the Year) - <i>#BuiltDifferent: Creating a Culture that Resonates</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym